

Mediterranean-Style Recipes

Basic Mediterranean Rice Serves 12.

Rice is a staple grain in the cuisines of Syria , Lebanon, Egypt , Greece, and Turkey.

4 cups water
1/2 tsp. salt

2 cups long grain white rice
2 Tbsp. oil (may use olive oil)



1. In a saucepan bring the water to a boil.
2. Add the salt and rice and bring back to a boil.
3. Boil one to two minutes.
4. Then reduce the heat to low, cover the pan and cook until rice is tender, about 20 minutes.
5. Turn off the heat and let rest for 10 minutes. Spoon the oil over rice.

NUTRITION FACTS (per serving) - Calories 130 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 100 mg ~ total carbohydrate 25 g

Basic Mediterranean Chicken 4 to 5 servings.

2 – 2 1/2 pound fryer chicken
1 Tbsp. olive oil (any vegetable oil)
2 lemons, juiced

1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. garlic powder



1. Preheat oven to 350 degrees.
2. Cut up one fryer chicken (2-2 1/2 pounds).
3. Rub chicken with oil (such as olive oil).
4. Place chicken pieces in a pan and add the juice of 2 lemons, salt and pepper, and garlic powder.
5. Bake uncovered approximately 45-60 minutes (spoon juices over chicken while baking) until it is thoroughly cooked.

NUTRITION FACTS (per serving) - Calories 350 ~ fat 1.5 g ~ calories from fat 25 ~ sodium 220 mg ~ total carbohydrate 2 g



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